

OTTAWA JEWISH BULLETIN & REVIEW

Warm Greetings For Begin



Prime Ministers Begin and Trudeau meet at Uplands Air Force Base on November 6.

THE BEGIN VISIT TO OTTAWA

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Vaad Report

by Gilbert Greenberg

President, Ottawa Vaad Ha'Ir
(Jewish Community Council)



The Begin Visit

Less than thirty six hours after their tumultuous welcome, the Prime Minister of Israel and Mrs. Menachem Begin left Ottawa for Montreal and Toronto to complete the balance of their Canadian tour. If the wealth of feeling and good-will generated during the emotion-filled Ottawa leg of the journey is any indication, the Begin visit will go down as a high point in the history of this community.

Prime Minister Begin came officially as the guest of the Canadian government. He has been to Canada several times before but this was his first visit as Israel's Premier. He and Prime Minister Trudeau had not met previously but it was apparent immediately that both men took to each other the moment Mr. Begin stepped from the plane. The spirit of that initial greeting was sustained in all of Mr. Begin's public appearances and particularly in the warmth of the welcome he received from the House of Commons. Whatever else was accomplished in the private meetings between the two leaders, it is clear that the visit cemented the traditional ties of friendship which have characterized relations between Canada and Israel from the days preceding statehood itself.

From a Jewish point of view, Mr. Begin's presence in the Capital gave the members of our community the opportunity to see him, touch him and identify directly with him and his initiatives for peace. One of the Ottawa newspapers said that he received "a hero's welcome". He deserved it. Only a man with his strength of character and convictions could have helped bring about the Camp David accords and hopefully, the soon-to-be signed peace treaty with Egypt. Nobel Peace Prizes are not handed out easily even to co-winners.

Those who witnessed the arrival ceremonies in Hangar 11 at the Canadian Forces Base at Uplands had an unforgettable experience. Of course, there were the national anthems, the inspection of the honour guard and the signing of the guest book. But then, with the formalities out of the way, Prime Minister Trudeau broke tradition and invited Prime Minister Begin to walk with him around the perimeter of the entire drome to shake hands and acknowledge the good wishes of the eager crowd. You can imagine the roar of approval which that brought and how excited every man, woman and child felt to be so close to these two great world leaders. They cheered, sang and clapped hands. Cries of Shalom, Bruchim Habbayim and God Bless You were on everyone's lips. It was an historic occasion and the people relished their part in it.

Tour officials complimented us on the numbers, the patience and discipline of the audience and on the way it was organized. Mr. Begin deserves all the credit. But it would also be wrong to take all for granted. Things just don't happen by themselves. A lot of people put a lot of effort into the arrangements and I want to thank everyone who was involved. We worked with the Hillel Academy, the Afternoon Talmud Torah, the Modern Jewish School, the Temple Israel Religious School and the Star of David Hebrew School. The Rabbis helped with pulpit announcements and our organizations got on the telephone and pushed. The only individual I would single out is Irving Rivers who co-ordinated the effort with the back-up of our staff.

The next morning Mrs. Begin thrilled Hillel Academy students with a visit and that afternoon, the Prime Minister launched Project Renewal before a packed audience of Canadian Jewish leadership. You will be hearing more about Project Renewal as time goes on. In case you have not seen it, the Bulletin on page 4 reprints an editorial from the Ottawa Citizen of November 6 extending a welcome to Mr. Begin. It bears reading.

The sight of the Magen David flying beside the Maple Leaf on flag poles at the airport and throughout the central city core during those eventful two days gave me a feeling of great pride as a Jew and as a Canadian. I know you felt the same. We are truly a privileged generation.

In Tribute to Abe Lief

I know the entire Jewish community will wish to join with me in extending congratulations and warmest wishes to the Honourable Mr. Justice Abraham H. Lief, who was honoured at the Annual Negev Dinner of the Jewish National Fund on October 31.

Almost 600 came to pay their respects to this distinguished native son whose contribution as a Jew and as a Canadian have earned him a lasting place in the annals and affections of our community.

Abe held many posts throughout his long and effective career as a leader of the first rank in the Jewish and non-Jewish community. He has many qualities but the one which stands out for me is the man's sense of history and tradition. He has the ability to make us look beyond today, to inspire us to seek higher goals. We thank him for all he has done and we wish him and Sadie years of good health, happiness and fulfillment in all their future endeavours.

The Holiday That Came to Cheshvan

by Rabbi Mordecai Berger
Young Israel of Ottawa

The month of November usually coincides with the Hebrew month of Cheshvan. Being that Cheshvan has no Jewish holidays, the adjective "Mar" which means bitter, has been added to its name. However, on November 6th, 1978, the Jewish Community of Ottawa was transformed into a holiday spirit.

The time is 6:25 p.m., the place is Uplands Airport, Hangar 11. An Honour Guard is on hand, the Prime Minister of Canada is there, and so are over 2000 members of the Ottawa Jewish Community.

Suddenly a feeling of joy and euphoria burst forth from the crowd, for upon the "red carpet" walks the Prime Minister of Israel, Mr. Menachem Begin, an official guest of the Canadian Government.

Young and old, religious and non committed, clergy and laymen, all seem to be participating in the tumultuous welcome. The various differences that seem to divide us during the year seem to melt away at these moments.

Suddenly, perhaps in response to the spontaneous outpouring of welcome, Mr. Begin enters the crowd and begins reciprocating the crowd's warm wishes, with a "Shalom Aleichem" to one, a hand shake to another, and a smile for another. There I stood with my

family, watching the Prime Minister shake my son's hand and wave to my daughter when a thought entered my mind.

This man's life has a tremendous message for all Jews today, more than ever.

Here is a man who could have despaired many a time — while languishing in a Russian prison in Siberia in the 30's; would this man's goals in life ever be reached? While hiding from the British in a kitchen pantry; would this man's dreams ever be achieved? While lying in a hospital recuperating from a heart attack; would this man's values ever be implemented? In 1978 the answer is a resounding yes!

The message perhaps has been personified by our father Abraham: dedication to ideals, commitment and perseverance to values regardless of their popularity.

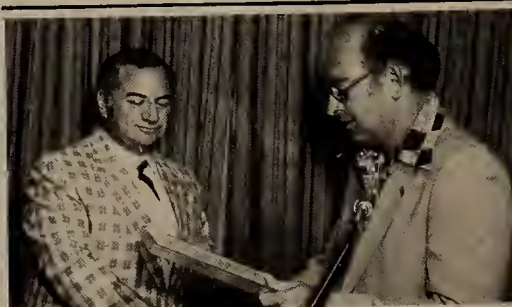
We in Canada face a great Jewish crisis with regard to the preservation of the Jewish people. How many of us can vouch for our children's and grandchildren's Jewish identity? However, we dare not grow tired or discouraged from the challenge. Dedication, commitment and perseverance to Jewish values will eventually, with the help of G-d, produce the proper results.

As Mr. Begin walked by, I consciously thanked him for his timely message.

A Personal Aside

My brother Lorry, in extending greetings to Abe Lief at the testimonial evening, said that the Negev Dinner had special meaning for him. His first appearance at a Jewish function following his election as Mayor of Ottawa three years ago was at the Negev Dinner, and interestingly enough, his last official appearance before a Jewish audience on leaving office was also the same Negev Dinner.

I know you will wish to join me in wishing Lorry continued good health to attend many more Negev Dinners as a private citizen or whatever other role life casts for him.



On behalf of the B'nai B'rith Lodge No. 885, past president Lou Eisenberg accepts a plaque from Bernard Shinder, acknowledging the establishment of a Memorial Fund in the name of the Lodge.



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The Ottawa Jewish Bulletin and Review is published by the Ottawa Vaad Ha'Ir (Jewish Community Council of Ottawa), 151 Chapel Street, Ottawa, Canada K1N 7Y2. David Loeb, Immediate Past President; Gilbert Greenberg, President; Sol B. Shinder, Alfred Friedman, Vice-Presidents; Issie L. Landau, Treasurer; Joseph Lief, Q.C., Honorary Secretary; Hy Hochberg, Executive Vice-President; Nancy Zalman, Bulletin Co-Ordinator.

Foundation Donations

The Board of Directors of the Ottawa Jewish Community Endowment and Bequest Foundation acknowledges with thanks the receipt of contributions to the following Funds, since publication of the last lists on November 3.

TOM AND MIRIAM BORDELAY ENDOWMENT FUND

By Betty Bordelay; by Mrs. Miriam Bordelay; by Mr. and Mrs. Issie Kardish; by Mrs. Faye Seville; and by Mr. and Mrs. Lawrence Slover.

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In honour of the 25th Wedding Anniversary of Mr. and Mrs. William Einhorn, Thornhill, Ontario:

By Mr. and Mrs. Fred Greenberg.

Contributions may be sent to the Foundation at 151 Chapel Street, Ottawa, Ontario. K1N 7Y2. All are income tax exempt. Notifications and acknowledgements are sent to all concerned in the form of attractive cards and letters.

Have you completed and mailed the Bulletin Reader Survey? Phone Nancy 232-7306 for additional copies.

Front page photo by Sherwood Photographers



Jewish Community Centre Spotlights

Larry Szpirglas Named JCC Executive Director

The Jewish Community Centre Board of Directors is pleased to announce the appointment of Larry Szpirglas to the position of Executive Director.

Mr Szpirglas, 30 years of age, gained his early community service experience with the Hamilton Jewish Community Centre as a volunteer and part-time worker.

From 1973 to 1975, he was employed with the Toronto YM-YWHA (Bloor Street Branch) as Director of Physical and Health Education. In this capacity, Mr Szpirglas was also responsible for social, recreational and cultural programming. He was recently employed by the Canadian Red Cross Society as Executive Director of the Metro Red Cross Association, a planning and co-ordinating agency for Red Cross branches in Toronto.

Mr. Szpirglas received his BA and BPE in 1972 from McMaster University. He completed his Bachelor of Education degree in 1973 at the Faculty of Education, University of Toronto, and received his MSW degree from the University of Toronto, School of Social Work in 1977.

Mr. Szpirglas is joined in Ottawa by his wife Fern, a professional librarian, formerly with the Canadian Broadcasting Corporation.



The next issue of the Bulletin will carry an interview with Mr. Szpirglas, outlining his perceptions of the Jewish Community Centre and its future role in the community.

Chanukah Gift Sales Cancelled

The Jewish Community Centre regrets to announce that the Chanukah Gift and Craft Sale has been cancelled, due to circumstances beyond its control. The participants in the event will be contacted shortly to determine the feasibility of participating in the sale on another date.

ANNOUNCEMENT JCC SKIERS

Program starts January 7, 1979
Runs for 10 weeks at Camp Fortune
Finishes March 11

Contact — RON BORO, JCC Gym, 232-7306
for Registration Form

THE JEWISH COMMUNITY CENTRE of OTTAWA requires an

ADULT WORKER

The Jewish Community Centre is looking for a creative, dynamic individual with the ability to plan and develop social, cultural and education programs for the adult Jewish community.

PREREQUISITES:

- good organization and co-ordination skills
- understanding of the goals and purposes of the Jewish Community Centre
- ability to work with volunteers
- M.S.W. with previous experience in Adult Programming preferred

SALARY:

Commensurate with experience and qualifications.

Former Moonie, Cult Analysts To Speak at Dec. 3 Seminar

Bernie Farber, Director of Youth Activities for the Jewish Community Centre, and Nina Alexandor, Chairperson of the Social Action Committee of Temple Israel, wish to announce the completion of the plans for the upcoming Cult Information Seminar.

This Seminar jointly sponsored by the Jewish Community Centre and Temple Israel, will address the serious problem of young Jewish students and their involvement with such cults as the Unification Church (Moonies), Jews for Jesus, Hebrew Christians and Children of God (Moses-David).

IDENTIFIED NEED

In the last year alone representatives of these various groups have moved on to high school and university campuses (such as Hillcrest and Lisgar Collegiate) trying desperately to recruit members. On the whole their concentration is on Jewish students who, according to latest statistical information of

the American Jewish Congress, can comprise upwards of 12 per cent of any ethnic group in total cult membership.

The purpose of the Cult Information Seminar is to help concerned parents and students understand and cope with this problem.

TWO SESSIONS

The Seminar will be held on Sunday, December 3, at the Jewish Community Centre. There will be 2 sessions: 2 p.m. - 4 p.m. — Open to all high school and university students. Utilizing a workshop format students will have the opportunity to meet with our distinguished guests and discuss the problem on their own campuses. 8 p.m. — Open to parents, students, teachers and concerned individuals. An evening of informal discussion in which our speakers will address themselves to the psychological religious and legal implications of cult involvement.

KEYNOTE SPEAKERS

Dr. Moshe Halevi Spero, whose study in cult movements includes the well-known work "Cults: Theoretical and Practical Perspectives," an excellent analysis by an expert on the psychological techniques used by the cults to influence adolescent membership.

Rabbi A. James Rudin, Assistant National Director, Interreligious Affairs, American Jewish Committee. Rabbi Rudin is an acknowledged expert on the contemporary religious cult movement. He has lectured in all parts of the US and Canada and has been a frequent guest on many radio and television programs.

Benji Carroll, a former Moonie who has been through kidnapping and deprogramming and has extensively lectured on the dangers of cult involvement; and a legal expert from the Ottawa area.

Cults indeed pose a problem that addresses itself to every concerned Jew. The Seminar promises to be an exciting and stimulating event for the entire community.

There is no charge for this event. Make every effort to attend.

Seniors' Luncheon

Monday, Nov. 27

12:30 p.m.

in the
ASSEMBLY HALL
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Medical certificates are necessary. Please call your doctor and have him/her mail you one.

This program is in DANGER of terminating unless more people show an interest.

For additional information call Rusty Torobin or Louise Cloutier, 232-7306.

Important Surveys On Jewish Life and Groups

This article is written by Boris Smolar, Editor-in-Chief Emeritus of the Jewish Telegraphic Agency.

The new Jewish year brings with it a number of very important surveys aimed at reevaluating Jewish needs and strengthening Jewish life in this country. The most important of them include:

- a re-examination by the Council of Jewish Federations of its philosophy, purpose and programs — as well as of its decision-making structure — in view of its greatly enlarged functions since its establishment in 1932 as the collective instrument of the Jewish Federations.
- a study in depth on Jewish education launched by the American Association for Jewish Education with the cooperation of the Council of Jewish Federations, to formulate national services for strengthening Jewish education in the communities.
- a survey by the American Jewish Committee of the Jewish family which is becoming a major problem in the American Jewish community because of increasing disruption of family life, and especially because of the mounting number of "one parent" families.

There are also other major studies in the making. They include a study on the role of women teachers in the Jewish school system where there are now more than 10,000 women teachers, including part-time teachers, a study on the extent of the need for qualified Jewish social workers by communal institutions in the course of the next 10 years, a study on the resettlement of Soviet Jews arriving in this country continuously in larger numbers — in the first six months of 1978 some 6500 Soviet Jews arrived, which is about the total number of Jewish immigrants from the USSR who entered the United States during the entire previous year, a study of the growing number of elderly Jews in need of communal aid; and also a number of studies of other communal problems.

The self-study of the CJF is considered the most important because it will also set a blueprint for the local federations for the next decade. It is being conducted by a special CJF committee of 48 Federation leaders from all over the country under the chairmanship of Raymond Epstein of Chicago, former CJF president. More than 1500 Jewish community leaders in about 160 communities have been interviewed by the committee for views and guidance. The committee will bring its findings and recommendations to the federations throughout the country for consideration before presenting them to the CJF General Assembly for official action.

The self-examination undertaken by the Council of

Jewish Federations has become timely because of the drastic growth of the importance of the CJF with the march of time.

Gone are the years when the Jewish Federations and their Council were engaged primarily in local health and welfare programs. Events of recent years have enhanced their role. They have evolved from an organ of local services into instruments for the general organization of the Jewish community. The CJF, as their collective expression, has become a force for creative Jewish continuity, survival and enrichment, and for association with Jewish communities of the world. Its purpose has very much broadened since the early years of its establishment.

Today, the CJF — whose constituency embraces all segments of organized Jewish life as well as programmatic interests — serves as spokesman for the organized Jewish communities in the U.S. and Canada in relation to a variety of national and international concerns beyond the health and welfare fields. It plays an assertive role involving identification of issues and advocacy in matters which affect the welfare of the people of Israel.

It is now felt that in implementing their present responsibilities of meeting Jewish community needs throughout the world, the Federations should attempt to achieve appropriate participation in the policy-making and administration of programs in Israel and in other countries which are benefitting from the fund-raising efforts of the Federations. It is also felt that the CJF should become a vehicle through which autonomous national Jewish institutions and organizations in the U.S. come together to coordinate aspects of their work, and take joint action based on consensus.

The purpose of the CJF study is thus to broaden and deepen Jewish life, taking into account the changing scope and character of the federations. There is little doubt that the results of the study will be highly beneficial to the Jewish community in this country as well as to cope effectively with the humanitarian needs in Israel.

While conducting the re-examination of its own decision making structure, the CJF is also suggesting taking a hard look at the executive boards of local federations.

The basic policy-making entity in the Jewish community is the executive board of the Federation in each community. At the CJF General Assembly, which will take place in November in San Francisco, discussions will be held at a special institute on how to reshape the executive boards of local federations into more effective decision-making bodies.

Shalom, Premier Begin

Canada and Israel have traditionally enjoyed warm and close relations. This has been true both at the people-to-people and government level. We have welcomed Israeli leaders in our midst and Prime Minister Trudeau was in that country just two years ago.

Nevertheless, the welcome that Prime Minister Menachem Begin gets in Canada on his current visit will be particularly warm. Not only is this his first trip to Canada since he became prime minister last year, he comes here as an Israeli statesman who is leading his people toward the peace that they have so ardently desired.

For the Israeli people, with their creative talent and chequered history, peace has a special meaning. Canada, with its long record of trying to help the cause of a just peace in the Middle East, can only be deeply gratified that Israel's yearning for peace is closer to fruition than it has been in the last 30 years.

Prime Minister Begin came to power last year as a hardliner in foreign policy, though his electoral success had more to do with disenchantment with his predecessors than with his hawkish stance toward his neighbors.

But it was Prime Minister Begin who received President Anwar Sadat in Jerusalem, who conferred with the Egyptian in his own country, and who signed the Camp David accords that hold so much promise of peace for his country and its neighbors.

True, Sadat's courage and President Jimmy Carter's persistence contributed the lion's share toward those agreements. But Prime Minister Begin reversed the policy of the Labor government, defied the hawks within his own policy and displayed considerable flexibility in making those pacts possible. That is why he and Sadat jointly won the Nobel Peace Prize this year.

Begin and Trudeau will seek closer understanding and co-operation between their governments. Trudeau will prod Begin toward greater flexibility and statesmanship in the hope that the agreement with Egypt could be followed by similar peace accords with other Arabs. And Trudeau will reassure Begin that, despite our differences with Israel on the question of settlements and some other issues, we in Canada admire the Israeli people and ardently wish them peace, security and prosperity.

Hearty welcome, Prime Minister Begin.

—The Ottawa Citizen



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Campaign Associate

Howard Goldberg, a native of Ottawa, has been appointed a Campaign and Administrative

Associate of the Jewish Community Council and the United Jewish Appeal of Ottawa. In that capacity, he has responsibility for the Business and Professional Divisions of the Campaign, U.J.A. Computer Input and U.J.A. collections. He also staffs the Cemetery and Vaad Hakashruth Committees and related administrative functions.

Following his graduation from the Sir George Williams University School of Retailing and Management, Mr. Goldberg was associated with his parents in business until their retirement. He has served on the Board of Parliament Lodge B'nai B'rith as well as on the Board of Camp B'nai B'rith of Ottawa. Presently, he is Recording Secretary of Machzikei Hadas Synagogue.

Mr. Goldberg is married to



the former Ibolya Hoffman of Hamilton, Ontario. They are the parents of Shawn, 6 and Julia 4.

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Stress: Implications Today

by Nathan Schechter, M.D.

In light of the current interest in this subject, the Bulletin has asked Dr. Nathan Schechter, an Ottawa internist, to prepare a series of four articles on stress. The first which appears in this issue is an introduction to the topic.

An important event took place in Toronto on September 21, 1978. There was a dinner dedicated to the establishment of the "Ray D. Wolfe Centre for Study of Psychological Stress" at the Haifa University in Israel.

This dedication was sponsored by the Canadian Friends of Haifa University and Honorary Fellowships were awarded to Mr. Ray Wolfe, Chairman and President, The Oshawa Group Limited, and to Professor Hans Selye, Professor and Director of both the Institute of Experimental Medicine and Surgery and of the Institute of Stress at the University of Montreal.

The twin worlds of science and medicine owe an eternal debt to the genius of Dr. Selye whose original concept that stress, both physical and emotional produces a set pattern of physical responses in the body, revolutionized scientific thinking and therapeutic practice. Dr. Selye is a prolific writer and of the many books he has written, the following would be of great interest to those interested in learning more of his works. These are *The Stress of Life*, 1950, revised and updated in 1976, *From Dream to Discovery — On Being a Scientist*, 1964, *Stress and Aging* 1970, and *Stress Without Distress*, 1974.

In order to understand what the term stress means, we have to realize that our bodies respond in certain physiological ways to conditions that are disturbing. Some of these responses such as sweaty palms and shaking hands are highly visible and we become acutely aware of both the disturbance we are experiencing and a part of our physiological reaction to it. At other times our body is responding to situations which it considers stressful but we are either unaware or insensitive to these reactions. Our stomach may be tightening and our heart rate has quickened but we drive on with oblivious persistence towards our objectives.

Selye, who began his studies of stress as far back as 1926 when he was a second-year medical student at the German University in Prague, over the years showed that stressful

conditions particularly if long continued produced definite changes in various organs of the body.

Through his experiments on animals which was found also to occur in man, he demonstrated that in response to stress the body goes through three different stages and he called these the alarm reaction, the stage of resistance, and finally the stage of exhaustion. He called the entire response the "General Adaptation Syndrome".

The alarm reaction means that continuous exposure to stress represents a general call to arms of the body's defensive forces. Emotional tension as well as physical stress will produce such a reaction with important changes in certain organs of the body. In this alarm reaction the adrenal gland plays a prominent role as it also does in the stage of resistance.

However, as a result, during this second stage certain disorders such as hypertension, stomach ulcers, coronary heart disease and other illnesses manifest themselves. The stage of exhaustion means that if the stress is severe enough, the body can no longer continue its defense and death supervenes.

In general, the disturbances that we experience as stressful tend to be transitory. However, a great deal depends on the individual who is experiencing the stress. An important concept is that each of us has a certain capacity to withstand stress. Each of us possesses a certain quantity of physiological resources with which we are endowed and we use them at a slower or faster pace as a matter of choice.

It is true that not all the stress in our life can be controlled. Some of the stress we encounter is unexpected and beyond our control. The remainder, however, is the product of events about which we daily make decisions. During most of our life the controllable experiences predominate but the total stress is the sum of these two kinds of experiences. The evidence linking excessive stress and disorders such as coronary heart disease, high blood

pressure and gastroduodenal ulcers has been steadily growing but why a particular individual develops a particular disorder is still a mystery. Factors such as age, sex, culture, education and certain crises that may occur seem to be strongly related to the symptoms an individual is likely to develop. In a recent presentation I discussed what has been called "Type A Behaviour — Its Association With Coronary Heart Disease".

It must be a well-known fact that coronary heart disease is one of the most common and serious problems that the physician has to deal with in his almost every day practice. Although a great deal has been written about the role of diet, lack of exercise, overweight, high blood pressure, heredity and other factors in the development of this disease, not enough emphasis has been directed to emotional factors that is, stress, as playing an important part in the symptomatology of this cardiac condition that has cut down so many in the prime of their lives.

It was Sir William Osler who first suspected that emotional factors might be directly concerned with the development of this disease. He wrote about his findings in 1892. Indeed he stated that he was able to make a presumptive diagnosis of the presence of this disorder in various patients simply by their appearance and bearing as they walked into this consultation room. However, this is not always true. You may have read that Warren Harding succeeded Woodrow Wilson as President of the United States on November 20, 1920. The records state that no physician would have been rash enough to suppose that Wilson would outlive his successor. As they rode together to the Capitol for Harding's inauguration on March 4, 1921, Harding, strikingly handsome and seemingly healthy, made the crippled Wilson, who had suffered a stroke two years before, look even more pathetic. Yet Harding died suddenly and unexpectedly on August 2, 1923 at the age of 58 of a massive coronary thrombosis. Wilson outlived him by three years.

Continued on page 6

Books by Dr. Hans Selye

Books by Dr. Hans Selye: *STRESS IN HEALTH AND DISEASE*, Butterworths, Reading, Mass., 1976; *THE STRESS OF LIFE*, McGraw-Hill, New York, 1976; *STRESS WITHOUT DISTRESS*, Lippincott, New York, 1974. Note: The book *THE STRESS OF LIFE* first published in 1950, has been updated and was revised and republished in 1976.

Articles to come

Risk Factors, Life Style and the Emotions in Coronary Heart Disease; The Response of the Heart to Stress; The Prevention and Management of Emotional Factors in Coronary Heart Disease.

Dependent on the response, the Bulletin will invite other physicians and surgeons in the community to write on their specialties. Readers are asked to submit suggestions for topics.

Members of Gift Club

Several new members have been enrolled in the Israel Bond Gift Club Registry during the past few weeks. Through the Registry family and friends may join in celebrating a Bar Mitzvah, Bat Mitzvah, wedding, birth and birthdays or other special occasions with a gift of a contribution toward a State of Israel Bond. The Registry has received enthusiastic acceptance in Ottawa and many contributions have been made to honour the young people who are members of the Registry. Contributions have been received from many guests who have been invited to attend the simcha celebrations as well as from family and friends.

At press time the following have been enrolled in the Israel Bond Gift Club Registry:

Kevin Barwin (son of Dr. & Mrs. Norman Barwin), Sydney G. Bernard (son of Mr. & Mrs. M. Bernard), Brian Cohen (son of Mr. Sidney Cohen), Jeffrey Fishbain (son of Mr. & Mrs. Samuel Fishbain), Alexander Lithwick (son of Dr. & Mrs. Harvey Lithwick), Lorne Pollock (son of Mr. & Mrs. Pollock & Mrs. Florrie

Pollock), Ron Resnick (son of Mr. & Mrs. Lazar Resnick), Andrew Richter (son of Dr. & Mrs. M.A. Richter), Allan Taylor (son of Mr. & Mrs. Charles "Chick" Taylor), Mitchell Zinman (son of Mr. & Mrs. Lawrence Zinman).

Arrangements to enroll in or to contribute to the Israel Bond Gift Club Registry may be made with Ricki Baker, 31 Okanagan Dr., Ottawa K2H 7E9 (828-0832); Sandra Fishbain, 168 Roger Rd., Ottawa K1H 5C8 (731-0121 evenings); or to the State of Israel Bond Office, 168 Charlotte Street, Suite 504, Ottawa, K1N 8K6 (236-7139).

Errata

The Endowment and Bequest Foundation story in the Nov. 3 issue stated some incorrect figures.

As corrected, total capital is \$500,000. Income will probably approach the \$50,000 mark. The Michael Freedman and Harold Shenkman donations to the Foundation were \$100,000. Also, the new Bennet Steinberg Fund should have been titled the Ben and Mary Steinberg Foundation Fund.



מזל טוב

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On behalf of the Endowment and Bequest Foundation, Bernard Shinder, right, presents a plaque to Henry Molot, acknowledging the establishment of the Abram Molot Memorial Fund in honor of Mr. Molot's father.



Mrs. M. Klein, first resident to use the new Hillel Lodge whirlpool bath and therapy tub, said, "It was terrific." At the controls is nursing supervisor Agnes Fennell.

Plan Tea on Sunday

The Women's Auxiliary of Hillel Lodge reminds Ottawa people to attend the 13th Anniversary Tea at the Lodge, 125 Wurtemberg Street, on Sunday, November 19, from 2.00 to 5.00 p.m.

Proceeds will help defray the

cost of the combination whirlpool bath and therapy tub recently purchased for the residents.

Already in use, the tub was purchased by donations from the Auxiliary at a cost of nearly \$6000.

Music Impressive

As a grand finale to his tour of 10 Canadian university cities, Tzvi Avni, noted Israeli composer, appeared in Ottawa from October 25 through 29.

Professor Avni's visit was sponsored by the Canada-Israel Cultural Foundation in cooperation with the Department of Music of the University of Ottawa. He gave lectures and worked with students and faculty at both Carleton University and the University of Ottawa, and was present at a concert at the Museum of Natural Sciences.

Tzvi Avni has studied and had his music performed in Israel, Europe, and the United States as well as in Canada. The final concert performance included music composed from 1957 through 1970. The

program was varied, consisting of selections for string quartet, wind quintet, cello, clarinet, and a group of Hebrew songs in the modern idiom.

After the instrumental portion, the audience viewed a film on Moshe Castel, an Israeli artist whose distinctive works are treasured throughout the world. Music for this film was written by Tzvi Avni.

As a result of this exchange, and in cooperation with the Canada Israel Foundation for Academic Exchanges, Israeli music is now included in the curricula of several Canadian universities. Since Professor Avni made such a favourable impression, he has received numerous invitations for return visits.

Notes from Kadimah ORT

Kadimah Chapter of ORT wishes to thank those who attended its art auction on November 4 at the Agudath Israel Social Hall. Robert Atlas, of Marlin Art Inc., auctioned off a colourful collection of paintings, lithographs and

collages to a receptive group of bidders.

Kadimah also invites the Jewish community to its next annual event — Latke Lunch — on December 10. Further details will be announced.

UNIVERSITY and COLLEGE STUDENTS

Would you like to receive the Ottawa Jewish Bulletin on a regular basis? Please fill out the following form, mail it to Box B, 151 Chapel, Ottawa K1N 7Y2, and we'll do the rest.

Name _____
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Province and Postal Code _____
School _____
Expected Graduation Date _____

Chassidic Festival Returns

The 1978 Israeli Chassidic Festival returns to Ottawa for the third consecutive year on November 25, in what has become an annual musical event.

Since the group's international debut at New York's Carnegie Hall in 1971, they have performed to sell-out audiences on four continents. Hit songs such as "Yevorechecha," "Sisu et Yerushalayim" and "Oseh Shalom" have emerged at these concerts and have been recorded along with 108 new songs in nine festival LP record albums.

The group, consisting of four men and four women (many of them newcomers to the festival) are coming to Ottawa under the auspices of the PTA of Hillel Academy and will appear at the Glebe Collegiate Institute on Saturday evening, November 25



at 8 p.m. Tickets for the event are priced at \$6 for adults and \$3 for senior citizens and students. Tickets are available at Hillel Academy and the Jewish Community Centre, or by calling 828-0883 or 729-5283.

Judging by sell-out performances in previous years, it is advisable that tickets be purchased early.

Singles Scene

SAT., NOV. 25 — 8:30 p.m.
Ottawa Jewish Singles Pre-Grey Cup Party, Jewish Community Centre — \$2.50. Ages 26 and up.

SAT., DEC. 2 — 8:30 p.m.
Young Adults Post - Grey Cup Party, Jewish Community Centre — \$2.00.

Stress: Implications Today

Continued from page 5

The historian writes that if mental stress and physical overactivity can overtax a vulnerable cardiovascular system as in Harding's case, and a cerebrovascular system as in Wilson's case, such factors surely shortened the lives of Wilson and Harding. Both Presidents subjected themselves or were subjected to pressures that literally were more than flesh and blood could stand. Wilson's indomitable will would not permit his body and mind to rest. Harding, entangled in corruption and

scandal, suffered from anxieties, guilt and a sense of personal inadequacy, all of which may have precipitated his final illness.

At their famous clinic in Topeka, Kansas, the Menninger in 1936 were the first psychiatrists to study patients with coronary heart disease.

They emphasized the strongly aggressive tendencies observed in many of their subjects. These subjects were hard driving, goal directed individuals. Kemple, one of the investigators, published a most signal and

perceptive study findings in 1945. He clearly perceived that the coronary heart disease patient usually was not only relentlessly ambitious but compulsively strove to achieve goals incorporating power and prestige. More important was his discovery that his patients, successful as they might have appeared on superficial scrutiny, nevertheless were handicapped in their capacity to indulge in "introspective experiences of creative thoughts", a defect which he believed increased their dependence

Continued on page 7

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— REFRESHMENTS —

Camp Walden Ottawa Representative: SANDY GRANATSTEIN — 521-0896 (evenings)
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and Bequest Foundation

Community needs met from foundation income! I have often dreamed of such a headline in our community newspaper.

Farfetched? Not really. Jewish communities in several American cities can write such a headline—and mean it.

Foundation gifts are on the rise and are gaining new importance in community long range planning. Annual campaigns come and go. Some better, some worse. Always difficult. Capital gifts on the other hand, keep giving. Year in and year out.

We are blessed in our community with dedicated leaders who squeeze, from our capital, returns that are the envy of institutional managers. Those blessings translate into almost \$50,000 this year and \$80,000 next year; gifts that are not attached to a pledge card. And we pay in cash too.

Our professionals work with your professionals so that your gift can benefit you as well as us. We have knowledgeable people who can talk taxes and estate planning with your lawyer and accountant. We have responsible leaders in the Jewish community who can guide you now and your gift in years to come. We accept the ultimate responsibility—the management of your money in perpetuity.

Of course you can benefit us from your estate. But we would like to enjoy your generosity now. More and more donors want to see their money at work during their lifetime. Use the Foundation to honour those you love. During their lifetimes, let them see how your gift keeps giving.

Each gift helps a little in writing the headline. Call us. Let us help you help us help you.

Progress Report: Bonds Need Increased Support

Following Prime Minister Begin's visit to Ottawa and his appeal to the community for increased support, I have met with my campaign committee to examine our progress in the Israel Bond Campaign to date. I wish to report as follows:

1977 857 commitments totalling \$724,000
1978 723 commitments totalling \$617,000

It is with some regret that we have to announce that results of Bond sales to date have been disappointing.

However we remain undaunted in our determination to pursue all those members of the community who have not yet committed themselves in an effort to exceed last year's Bond sales. Members of the community can help the campaign committee in its efforts by:

- (1) volunteering to help the committee to canvass the community
- (2) encouraging others who have not yet bought to purchase
- (3) volunteering to assist their own synagogue to canvass the large number of members who have not yet made a commitment.

It will be the combined efforts of members of the community, campaign workers, members of the congregations and others, that will in the final analysis make the campaign the success it is hoped it will be and enable Israel to receive the much needed Bond dollars in this crucial time in its history.

If you haven't already bought your State of Israel Bonds don't wait to be canvassed. Call the Israel Bond office at 236-7139 and make your commitment.

John Greenberg
General Campaign Chairman

Classified Work Wanted

FEMALE—with Bachelor of Fine Arts and Bachelor of Education seeks employment in any of the following areas: Design, Photography, Decorating, Education, Day Care etc. Flexible and willing to learn. Call 232-3775, File 45.

MALE with B.A. seeks employment in any of these areas: political or historical research, office management, real property valuation. Call 232-3775, File ER110.

Home Wanted

TWO BEDROOM. December to June. Family from Israel on sabbatical. Would consider Ottawa home of Florida vacationers. Call 232-3775.

Stress

Continued from page 6
upon achievements in the external day-to-day values to the neglect of other non-material values.

In 1955, Drs. Friedman and Rosenman, working at the Harold Brunn Institute, Mount Zion Hospital and Medical Centre in San Francisco, became interested in this field of study. They found that, despite the apparent frequent associational relationships between factors such as dietary foodstuffs, fat compounds in the blood, cigarette smoking, indolence, and heredity with coronary heart disease, there were enough exceptions to such relationships to suggest the presence of other factors as well.

In my next article, their findings and conclusions will be discussed.

ORT Cards

Student-designed ORT cards and notes are on sale. Call Thelma Steinman, 235-3643.

Radio-Carleton

Radio-Carleton (CKCU-FM), Carleton University's studio station, is appealing to the Ottawa-Hull community for funds to maintain service.

For information phone the station at 231-4498, Ken Ross (234-6594) or Sharon Andrews (231-0181).



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To Introduce Young Judea to Ottawa

Shalom:

I am writing to you on behalf of Canadian Young Judea.

The reason for this letter is two-fold. Firstly, it is of the utmost importance that Young Judea expose itself to the many Jewish communities across this country.

Our youth movement has active centers from Vancouver, B.C., to Saint John, New Brunswick. Young Judea is a Zionist youth group for kids ranging in age from seven to university age. Regular programming deals with a variety of topics such as Modern Israel, holocaust, diaspora problems, Soviet

Jewry, and Jewish history, to name but a few. For your child, who is being brought up in what is essentially a non-Jewish world, it is of the utmost importance to be able to meet with their peers and participate in activity-centered programs and discussions on topics that are affecting their lives in Canada. Young Judea attempts to fulfill information needs of Jewish youth.

Young Judea has summer camps in every region to accommodate all age levels. Camps Hatikvah, Shalom, Kinneret, and Kadimah are the four junior camps, and Camps Massada, Solelim, and Machar

are Canadian senior camps. Camp Biluim is the national leadership institute which is located in Quebec, approximately 120 miles outside of Montreal; this camp is open to all 16-year-olds. Young Judea also runs a summer camp in Israel (Biluim Israel) which is two months long and is open to seventeen-year-olds.

And after Biluim Israel? There is a year program called "Shnat Hachshara". This program is ten months long and is based on a Judean-affiliated kibbutz in Israel. Of course, the participants tour the country often and also take part in an ulpan program.

If you do have questions regarding Young Judea, feel free to contact our Ottawa representative Avner Ginsburg at 521-7073.

With strong Judean greetings,

Monty Laskin
Canadian Young
Judea, Toronto

Mid East Talk

On Sunday morning, December 10, the Israel Bond Campaign Committee is planning to have a "behind the scenes report" on the current situation in the Middle East. The Bulletin will carry details on this event in further announcements.

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For more information, contact HILLEL BRUSTIN — 225-6557, 232-7306



FIRST CLASS MAIL

Social Work

Once a month Jewish Social workers in Ottawa meet to discuss topics related to social work and Jewish concerns. Those interested are asked to call the Jewish Information and Referral Service at 232-3775.

Folk Dance

There is Israeli folk dancing every Sunday at 7:30 p.m. at 1301 Prince of Wales Drive (Temple Israel).

This group is open to people ages 15 and over and all beginners are welcome. This is an independent unaffiliated group for those who want to learn Israeli folk dances and have some fun as well.

For information call Marla at 722-6903 or Joanne at 225-3409.

TV Taping

The community is invited to attend a TV taping of Quest on Monday, November 20 at CJOH — TV, 1500 Merivale.

Rabbi Bulka will tape two interviews between 8:15 and 10:15 with Dr. G. Caplan, geneticist, and Dr. Arthur Blank, psychologist.

To reserve, call Congregation Machzikei Hadas, 521-9700.

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